



Corona Virus Vaccines. Myth vs. Fact

It's been almost a year and a half since the World Health Organization declared COVID-19 a pandemic and now the United States leads the world in protecting its citizens from the virus. We currently have three COVID-19 vaccines available in the United States, and as of May 13, 2021, more than 70 percent of older adults have been fully vaccinated, according to the Centers for Disease Control and Prevention (CDC). Because this virus greatly effected adults 65 and up, vaccination is vital for older adults.

While a few people have said they are skeptical of getting vaccinated due to some circulating conspiracy theories. The vaccines have proven to be safe.

Myth #1: The Vaccines Were Created Too Quickly to Be Safe.

Though the COVID-19 vaccines have only recently been authorized, the scientific work that made them possible has been going on for years. Scientist already had a start from the research they've done on other coronaviruses, like SARS and MERS. When it became clear that COVID-19 was a major threat to lives around the world, vaccine development kicked into high gear. Even though the need for COVID-19 vaccines was urgent, no shortcuts were taken. More than 100,000 volunteers participated in clinical trials for the three vaccines that are currently available. Hundreds of millions of people around the world have received at least one dose and data is continuing to accrue suggesting these vaccines are very safe.

Myth #2: The Vaccines Can Change Your DNA.

The vaccines don't interact with your DNA at all. The Pfizer and Moderna vaccines are made of RNA, which can't change DNA, and they never enter the nucleus, which is where your cell's DNA is stored.

Myth #3: If You've Already Had COVID-19, You Don't Need a Vaccine.

Even if you recovered from COVID-19 and built up some natural immunity, you might not be protected from the variants that are starting to spread. This may help explain why a small number of people who had COVID-19 can get infected a second time. There's also evidence that if you had a very mild infection or had an infection but no symptoms, you may not have as many antibodies to fight the virus. If you received treatment for COVID-19 previously, ask your doctor when you should schedule your vaccination.

Myth #4: Side Effects from These Shots Are Worse Than Other Vaccines

There's nothing unique about the side effects of these vaccines. It's the same pattern of fever, aches, and pain at the injection site that is seen with other vaccines, like the flu shot or the shingles vaccine.

For the latest on COVID-19 vaccines and info visit [CDC.GOV](https://www.cdc.gov). If you're having trouble booking a vaccine appointment call your local county health department for help.